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**Abstract**

*put a* The invention relates to a work table, consisting of a frame (1) with a vertical central column (5) as well as a base (6) and a height- and tilt-adjustable work surface (3), which is fastened to a support element (9). The invention is characterized by the fact that on the upper end of the central column (5) a joint seating device (7) is provided, about whose horizontal axis (17) a swivel arm (4) is arranged in a pivoting manner, wherein the swivel arm (4) contains another rotary joint (18), about whose horizontal axis (19) the support element (9) and the work surface (3) connected with it are arranged in a pivoting manner. With this work table, a user can easily and quickly realize a change in the working position (upright sitting position, tilted-back almost lying position, standing position).

(Fig. 1)